

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention Program

Issue 44

December 2003

Clark County 2003 Highlights

What an amazing year in tobacco free living efforts in Clark County! A few of the big highlights from this year are: The dramatic drop in adult smoking rates - 4 out of 5 Clark County adults do not use tobacco, - Smokefree parks in Ridgefield, - 267 teens participating in TATU, - BREATHE youth members taking their tobacco free living message to the American Legacy Foundation Youth Empowerment Training in Bethesda, Maryland and the group receiving an award from the Campaign for Tobacco Free Kids for being "among the finest young tobacco control advocate groups in the country." - Clark College approving a campus wide tobacco ban including merchandise sales, - Quit kits going to juveniles in detention - And an overwhelming participation in the Great American Smokeout from youth, businesses and city officials.

Looking forward in 2004 to:

- * New leadership and areas of focus for the Tobacco Free Coalition of Clark County.
- * Tobacco resources available electronically on the new Clark County Health Department web site.
- * More parks going smokefree.
- * More restaurants voluntarily going smokefree.

Skamania County 2003 Highlights

Skamania reached out to many areas in the county this year spreading the message of tobacco free living. Some highlights include: - 87% of Skamania County's restaurants are now smokefree! - All schools participating in the Great American Smokout this year for the first time ever, - Stevenson High School students forming a new youth tobacco prevention group called M.A.S.H. (Minors Against Smoking Habits) which is active in the community all year, - Every 5th grade class in Skamania County hearing the TATU message from Stevenson High School students, - Dolce Skamania Lodge, one of the largest and best known restaurants and lounges in Skamania County, going smokefree, - Since July! 100% compliance with the law preventing minors from purchasing tobacco from retailers, - Extensive distribution of Quit Line materials through newspaper ads, paycheck inserts, newsletters, matchbooks provided to retailers, banners and cable channel 32.

Looking forward in 2004 to:

- * Continuing to seek creative ways to publicize Quit Line.
- * Engaging new community partners.
- * Facilitating new smoking cessation program through Wind River Pharmacy called "Prescription to Quit."
- * Supporting MASH group's efforts.
- * Expanding efforts at Skamania and Wind River Middle Schools

Pierce County Passes Smoking Ban

On December 5 the Tacoma-Pierce County Board of Health unanimously passed a resolution that will prohibit smoking in most indoor public places and places of employment throughout Pierce County, including a minimum distance of 25 feet from entrances, exits, open windows and ventilation intakes. The resolution will go into effect January 2, 2004. It includes restaurants, taverns, bars, bowling alleys, non-tribal casinos and bingo halls. Places not covered under the resolution are private residences, retail tobacco stores, tribal casinos, private and semi-private rooms in nursing homes and long term care facilities. The resolution will be enforced by the Tacoma-Pierce County Health Department or its authorized designee. The state's restaurant lobby opposes the ban and the Washington Restaurant Association contends that Pierce County's health department has no authority to ban smoking when state law regulating indoor air already clearly exempts restaurants and other businesses. Some argue that patronizing a business is a customer's matter of choice; others say the way one runs a business should be left up to the business owner. But the Health Department says this is a matter of worker safety. To download a copy of the smoke free resolution visit the Health Department's Prevention Priority web site at: www.preventionpriority.com. Contact: Jim LaRue, Tacoma-Pierce County Health Department: jlarue@tpchd.org or 253.798.4745.

Oregon Forms a Tri-County Coalition

Massive budget cuts and layoffs in tobacco prevention programs in Oregon had local tobacco free coalitions struggling to survive. In November, members of the Multnomah, Washington and Clackamas county coalitions met with other local stakeholders to vote on forming a Metro Tri-County Tobacco Free Coalition. The group voted unanimously to combine and unite their efforts. Representatives from the Clark and Skamania County Coalitions joined the brainstorming session as the group worked to narrow their common goals to a list of priorities. They are: tobacco free Tri-Met, parks and school campuses, voluntary smokefree policies in bars, event sponsorship, being a media watch-dog, reducing tobacco sales in big stores (i.e. Safeway, Fred Meyer) and increasing state funding. The subcommittees of the Tri-County Coalition are now recruiting new members. If you are interested in protecting 100% of Oregon workers from second-hand smoke hazards in the workplace you are invited to join the Tri-County 100% Smokefree Task Force. Contact: Debbie Kaufman Tobacco-Free Coalition of Oregon 888.846.543. The Tobacco-Free Tri-Met Task Force's goal is to move Tri-Met toward making their platforms, bus shelters and other outdoor facilities tobacco-free. Contact: Diane Laughter at diane.laughter@comcast.net. Both subcommittees will meet again at separate locations on January 14. Please get in touch with the contacts if you are interested in participating.

Kids Under 18 Face Fines for Possessing Tobacco

If you see kids under the age of 18 smoking what can you do? It is illegal for minors under 18 to possess or attempt to possess tobacco in the form of cigarettes or chew. It is a class III infraction in Washington - RCW 70.155.080 and carries up to a \$101 fine, according to Tony Barnes, Commander with the Clark County Sheriff's Office. "We do routinely respond to calls of kids smoking, generally around schools," said Commander Barnes. "If a person sees a group of teens smoking they can call 9-1-1 to report it and a deputy will respond when they are available." In the next edition of Tobacco Tid-Bits we will discuss Clark County law regarding smoking in public buildings.

Tobacco Quit Line

877-270-STOP

toll-free

7 8 6 7

QUITLINE.COM



Clark County Health Department
2000 Fort Vancouver Way
Vancouver, WA 98663

O2 Magazine Appoints two Skamania County Board Members

Congratulations to Mychal Ostler and Autumn McCartan, the two newest board members for O2 Magazine. Both teens attend Stevenson High School and are members of M.A.S.H. (Minors Against Smoking Habits). You can view the November issue of O2 Magazine, titled “Rant and Rave,” by logging onto: www.depts.washington.edu/o2editor. The deadline for content for the December issue is January 5, 2004. O2 is an e-publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents.

Don’t Miss SpeakOUT!

The American Cancer Society SpeakOUT Youth Initiative will be held January 30-31 at the Red Lion Inn, Salmon Creek. SpeakOUT provides youth ages 14-18 and the adults who work with them the opportunity to attend interactive and informative workshops that equip them with skills and information to: Create youth prevention groups or coalitions - Sustain energy and interest of group members - Plan an event and identify Best Practice activities - Evaluate activities - Problem Solve - Resolve conflict - Create action plans and develop strong youth and adult partnerships. Pre-registration is required. For more information contact: *Contact: Erin Wilson 800.577.6552 or erin.wilson@cancer.org and check the calendar below.*



ESD 112 Train-the-Trainer Workshops

Intervening With Teen Tobacco Users Training

This comprehensive, educational support group curriculum is for students grades 7-12 who don’t want to stop using tobacco. Many have violated school rules or community ordinances on tobacco use. Used as a positive alternative to suspension and youth diversion programs, “Intervening With Teen Tobacco Users” combines lectures, videos, demonstrations, and cooperative learning to give young people the knowledge, motivation, and action steps to move toward a healthier, tobacco-free lifestyle. Young people are motivated to reduce their tobacco use, quit on their own, or join a voluntary tobacco cessation program. **Date:** January 22, 2004, **Time:** 8:30 a.m. to 3:30 p.m., **Location:** Clark County Vocational Skills Center, Mt. Hood Room. **Cost:** \$10 per participant (includes lunch and over \$120 in free TEG curriculum materials).

Helping Teens Stop Using Tobacco Training

This award-winning, 8-session, voluntary cessation program provides young people with information, motivation, and support to quit using cigarettes or chewing tobacco. In a supportive group setting, tobacco users are gently guided to their personally-selected quit date and helped to remain tobacco-free. The facilitators provide the options, guidance for choosing, and support for the choices participants make as they design their own approach to staying tobacco-free. **Date:** February 12, 2004, **Time:** 8:30 a.m. to 3:30 p.m. **Location:** Clark County Vocational Skills Center, Mt. Hood Room, **Cost:** \$10 per participant (includes lunch and over \$120 in free TAP curriculum materials). *Contact for both trainings:* Sherri Boylan, ESD 112 360.750.7500 x133

Tobacco or Health Conference 2004 - Boston, MA - Editor’s Note

The Women’s Tobacco Prevention Network, who uses me as a spokesperson, generously sponsored my trip to the Tobacco or Health conference in Boston this month. There were hundreds of venues, presentations and exhibitors. The following are highlights from the many presentations I attended. * More youth are smoking marijuana and turning to cigarettes to prolong their high or as an alternative when they can not get marijuana. Youth perceive marijuana as less addictive and harmful because it is legal for medical reasons. * The best way to attract youth to a focus session study or the start of a new youth tobacco prevention coalition is to entice them to the first meeting with food or reimburse them with cash for participating in focus groups. Once they hear the message many will want to keep coming back even without the rewards. * The LGBT (Lesbian, Gay, Bisexual and Transgender) group is expanding their tobaccofree message to a larger disparity group and may soon add a “Q” to the end of their title for “Questioning.” * Use world events as opportunities to attract local media attention to tobacco prevention - e.g. Rosemary Clooney’s death was a good opportunity to contact local media and point out that more women die from lung cancer than any other cancer; it is the number one killer of women. This provides the media with a fresh angle for the story while getting the word out about the tobacco epidemic.

CALENDAR OF EVENTS

- 1/8 **MASH meeting** - Stevenson High School counseling room, 11:45-12:30 PM. Contact: James Kisse 360.397.8214
- 1/8 **Schools Task Force meeting** - Clark County Health Department, 7:30-9 AM. Contact: Theresa Cross 360.397.8215x3178
- 1/14 **Tobacco Contractors’ Regional Meeting** - Open to all interested stakeholders. Clark County Skills Center, 10AM - 2 PM
Contact: Deb Drandoff, 360.750.7500 x303
- 1/22 **Tobacco Education Curriculum Training** - Clark County Vocational Skills Center, Mt. Hood Room, 8:30 AM to 3:30 PM
Contact: Sherri Boylan 360.750.7500 x133
- 1/22 **BREATHE meeting** - Clark County Health Department, 3:30 PM. Contact: James Kisse 360.397.8214
- 1/27 **Healthy Youth Survey Stakeholders Training**, ESD 112 WIT Rm, 10 AM -2 PM Contact: Deb Drandoff 360.750.7500 x303
- 1/27-28 **Life Skills Curriculum training** - Work Source Bldg. , White Salmon 8:30-3:30 PM. Contact: Deb Drandoff 360.750.7500 x303
- 1/30-31 **SpeakOUT workshop** - Red Lion Inn, Salmon Creek. Starts at 4 PM on Friday and ends at 4 PM on Saturday. Pre-registration required. Contact: Erin Wilson 800.577.6552 or erin.wilson@cancer.org
- 1/31 **Women’s Resource Fair** - Skyview High School, 10 AM - 4 PM. Contact: Kristine Perry 360.258.3844